

4 TASKS OF MOURNING

Losing a cherished person can trigger a variety of emotions and behavioral responses, which may fluctuate during the grieving journey. Numerous reactions are typical, understandable, and vital. Each individual mourns in their distinctive manner, without a universally prescribed approach. Grieving doesn't signify weakness or inadequacy; it's not a matter to dismiss or simply overcome.



Accepting the Reality of the Loss

01

In many ways we look and search for the person who died; to learn everything we can about him or her to understand that, indeed, he or she is really dead. It is often very painful when we cannot pick up a telephone or make a visit to our loved one to share the news of our lives.



Experiencing the Pain of Grief

02

We feel a great deal of pain during grief, both physical and emotional. We may be very depressed, sad, and prone to tears. It can be difficult to cope with everyday activities. We may not want to keep busy constantly so that we don't think of our loved one's absence.



Adjusting to An Environment in Which the Deceased is Missing

03

We are not aware of all the roles played by the person who died until after his or her death occurs. Sometimes survivors experience difficulty and resentment about assuming new roles.



Find an Enduring Connection with the Deceased and Move on With Life

04

By developing a continuing bond with the deceased, we can find a new place in our life for the lost loved one - a place that will allow us to stay connected with our loved one while moving forward with life and forming new relationships. It is important to memorialize our departed loved ones keeping them with us but still going on with life.